



## Environmental Living Program Period Clothing Information

### Introduction

The Environmental Living Program allows students to simulate life at Sutter's Fort in the 1840s. Wearing period-appropriate clothing not only enhances the experience but also encourages role playing. Parents and teachers are also expected to dress appropriately.

The first step in costuming is to choose a character or occupation. Students are encouraged to choose a real person who was known to have been in northern California at the time. If that is not possible, choosing a type of person who might have been in California is fine. By choosing either a real person or the type of person who might have been in northern California in the 1840s, it will help students and parents avoid inappropriate clothing. For instance, the clothing worn in most cowboy movies is wrong since those movies are usually set in the 1870s –1890s. Also while denim cloth is an accurate fabric for the 1840s, denim jeans are not.

The following pages include more detailed descriptions and drawings for pioneer clothing (if you want to portray a Native American or Californio, you'll need to do more research), but some things to keep in mind:

- People of the 1840s wore more clothing than we do – high necks, long sleeves, long trousers for men and long skirts for women.
- Because there was no sunscreen and most people did not own sunglasses (although some early versions did exist), men wore hats and women wore bonnets to protect themselves from the weather.
- Most people of that period did not have as many clothes as we have; a farm woman might have only two dresses – one for everyday use and one for special use.
- Most people of that period did not discard their clothes when fashions changed; they might dye a dress, remake a dress or change the decorations (lace, braiding, etc.) to give a dress a new look.
- The first commercially viable home sewing machine was not patented until 1846, so clothing was all hand-sewn. We don't expect you to hand sew your clothing, but try to avoid top stitching that is clearly machine sewn (e.g., denim jeans).
- Women generally let their hair grow. They wore it down as girls and up as adults.
- Closures such as zippers and snaps had not been invented. Buttons, hooks, eyes and tapes (to tie things together) were commonly used. Also, some clothes were just pinned together.
- The industrial revolution had changed textile production – people in the 1840s wore a combination of garments made from handspun, hand-woven cloth and from factory made cloth.



### Pioneer Clothing – Men

Pantaloon or Trousers	Loose fitting trousers of wool or cotton, button closures, generally in dark colors such as brown, gray and black.
Shirts	Loose fitting with dropped shoulders, opening only part way in front, often checked, plaid or dyed dark colors such as green, blue or red. Generally cotton or linen, but wool shirts were worn in cold weather.
Vests	Commonly worn; didn't necessarily match either trousers or coats.
Coats or Serapes	Both were worn in California. Coats were similar to those worn today, although they appear baggier. Some coats had collars and lapels and some were collarless.
Hats	Large brimmed felt hats were usually worn. Men shaped the crown to suit themselves. Some wore cotton or silk bandannas under their hats in the Californio style.
Boots	Made from heavy leather with square toes. Turned down tops were common. Pointed-toe cowboy boots are 30 years in the future.
Boys	From infancy to toddler (until potty trained) boys wore dresses. After that, some wore short pants, especially in the summer, until they were about eight. After that they generally dressed like their fathers.

### Pioneer Clothing – Women

Dresses	<ul style="list-style-type: none"><li>- Snug bodice, full skirt, long semi-fitted sleeves.</li><li>- Bodice and skirt might be separate garments or sewn together.</li><li>- Might open in the back or the front – closed with buttons, hooks and eyes, or pins (front closing only).</li><li>- Skirt length varied – girls wore mid-calf length, city women wore ankle length, working country women sometimes wore skirts slightly shorter than ankle length because they had to navigate muddy farmyards.</li><li>- Often cotton or linen in the summer and wool in the winter. Well-to-do women owned dresses made of luxury fabrics such as silk.</li><li>- Solid colors, checks, stripes, plaids or prints were all common. Dark colors such as dark brown and blue were favored because they did not show the dirt as quickly as lighter colors.</li><li>- Separate collars and cuffs might also be worn.</li><li>- Worn with one or more petticoats to give the skirt some volume.</li></ul>
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Aprons	Commonly worn. Both skirt-only aprons and pinafore aprons (with little bibs pinned to the dress bodice) were worn.
Scarves or Shawls	Wool shawls were commonly worn for warmth when a coat was not necessary. Some women also wore cotton or linen neck scarves.
Bonnets	Outdoors, women generally wore bonnets to protect themselves from the weather. Both fabric and woven straw bonnets were common. Women with more money might also purchase felt bonnets.
Day Caps	Some women also wore day caps – generally of white cotton or linen. These were close fitting caps that were worn indoors. Bonnets were placed over the day cap when the woman went outside. By the 1840s, day caps were becoming slightly old fashioned. However, this is a handy way to hide modern short hair.
Shoes	Commonly flat soled, tie up, in brown or black leather. Some women had rawhide boots made for the journey west.
Girls	Little girls generally wore mid-calf-length unfitted dresses. By their mid-teens, they dressed like their mothers.

#### Close Enough – Men

- Cover your modern trousers with a long shirt to hide the zippers, pockets and belt loops.
- Over your shirt wear a leather belt or fabric sash and tie on a pouch.
- Square toed boots or moccasins.
- Wide brimmed felt hat.
- Fly-front trousers can also be disguised by sewing buttons on top.
- Vests, scarves and suspenders are appropriate.
- An old wool blanket can be made into a serape.

#### Close Enough – Women

- Long, full skirt
- High necked, long sleeved blouse
- Apron
- Fabric bonnet
- Square toed boots, moccasins or flat black tie-up.
- Shawl for cold weather – you can make one out of a square piece of fabric folded into a triangle.





- Cape for cold weather – any length from waist to ankle is appropriate. Materials may include blanket, corduroy, velvet, velveteen, wool.

### Additional Information

**Cold Weather Gear** The Fort gets very cold and wet in the winter. Under your costume, you can wear thermal underwear. Bring extra pairs of socks for yourself and your children.

**Carriers** Remember journals, pencils, cups, trade store purchases, craft items, etc. have to be carried somehow. Baskets, pouches, and canvas bags work well.

**Fire Safety** If you will be working around an open fire, consider your costume carefully.

- Wool is safest.
- Cotton and linen burn like grass unless they have been treated.
- Polyester will melt onto your skin.
- Tight sleeves are safer than loose sleeves.
- Women can partially protect themselves by wearing a long full wool apron over their skirts.

**If Sewing** Fabrics – cotton, linen or wool in plain weave, twill or corduroy are all fine. Solid colors, checks, stripes and plaids are fine. Calicos with small prints and limited colors are also fine – e.g., ground color plus not more than 4 other colors.

Closures – hooks and eyes, buttons of metal, bone, mother of pearl, horn, leather, wood, crocheted thread.

#### Patterns:

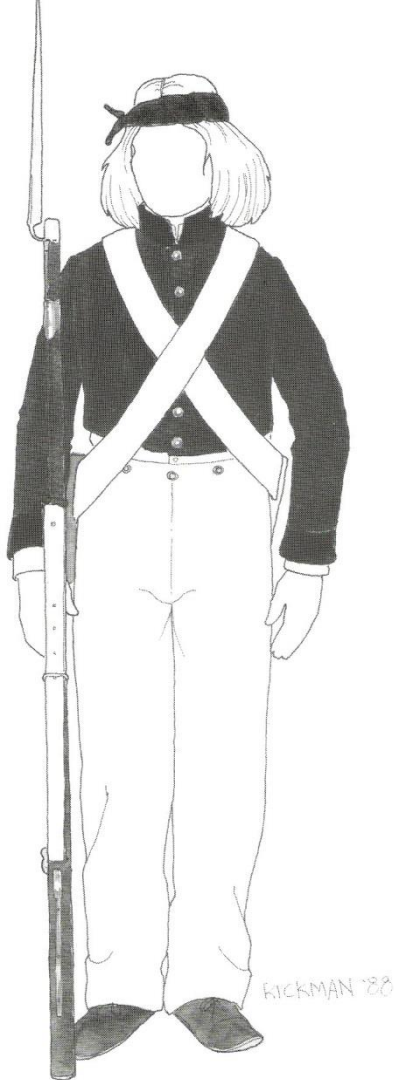
- Sutter's Fort Trade Store carries several patterns
- Folk wear – <http://folkwear.com/>
  - Kinsale Cloak (# 207, 208)
  - Missouri River Boatman's Shirt (#204)
- Past Patterns - <http://www.pastpatterns.com/>
  - Fan front bodice and skirt (#800, 801)
  - Small fall trousers (#008)
  - Two mid-19<sup>th</sup> century shirts (#007)
- Simplicity - <http://www.simplicity.com/>
  - Pioneer dress, bonnet, apron (#3723) – just use hooks and eyes on back seam in place of zipper
- McCalls - <http://www.mccall.com/>
  - Early American (#4547, 4548)



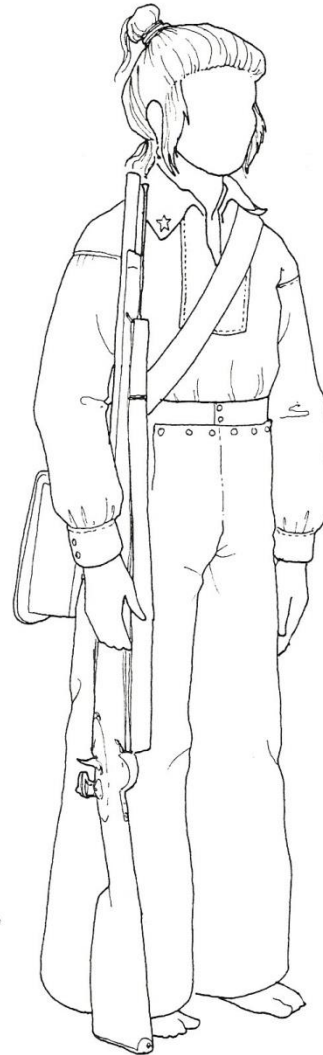
The following drawings are from the *Sutter's Fort State Historic Park Costume Manual, A Guide to the Clothing Worn in California and the Far West, CA 1845*, Text and Illustration by David W. Rickman.

### Sutter's Fort Garrison

Bodyguard in Russian Uniform



After Issue of Naval Supplies



Captain Sutter  
In "Military" Attire



American or European Sailor  
Work Clothing



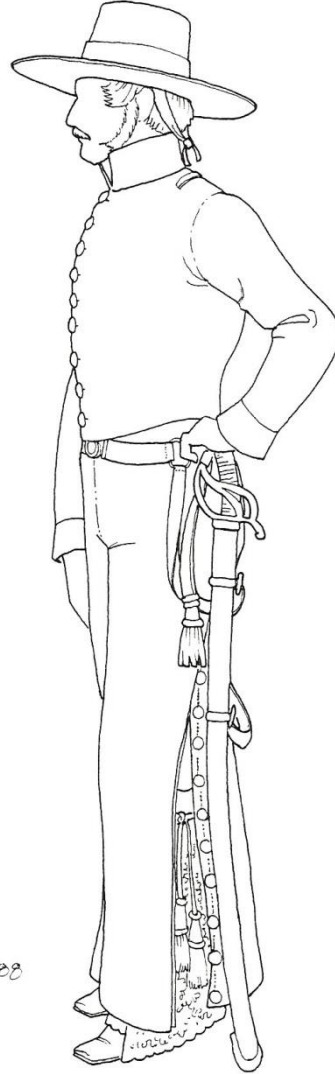


**Presidial Soldiers  
Campaign Uniforms**

Cavalryman



Officer





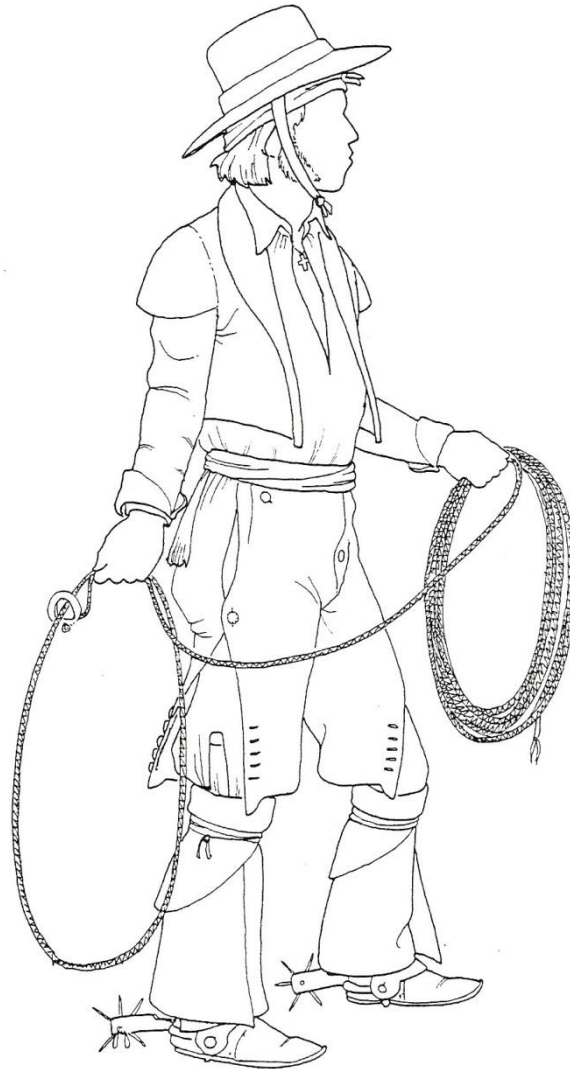
**SUTTER'S FORT**  
STATE HISTORIC PARK

### Californio Man

Best Clothes



Work and Travel Clothes







**SUTTER'S FORT**  
STATE HISTORIC PARK

### Californio Woman

Best Clothes



Work and Travel Clothes



**Emigrant Man**

EMIGRANT MAN  
BEST CLOTHES



EMIGRANT MAN  
WORK + TRAVEL CLOTHES





**SUTTER'S FORT**  
STATE HISTORIC PARK

## Emigrant Woman

Best Clothes



EMIGRANT WOMAN  
WORK + TRAVEL CLOTHES



**Fur Trapper**

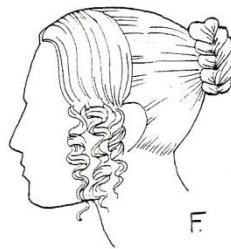
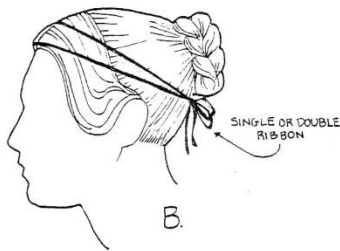
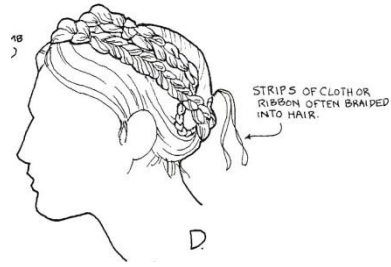
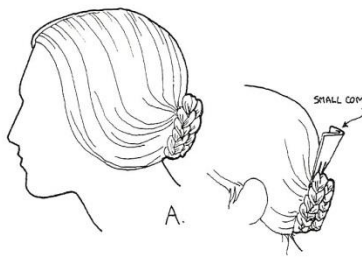
Best Clothes



Work and Travel Clothes

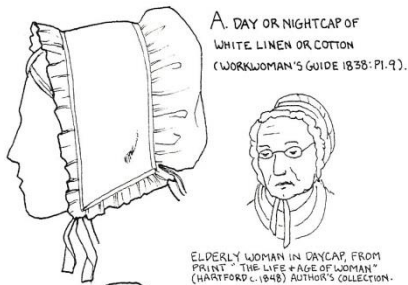


## Some Hairstyles for American, European and Californio Women



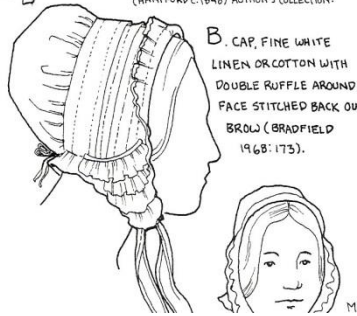


## Day Caps and Bonnets

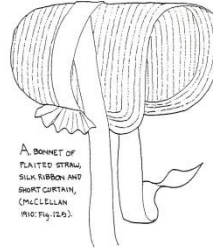


**A. DAY OR NIGHTCAP OF WHITE LINEN OR COTTON**  
(WORKWOMAN'S GUIDE 1838: PL. 9).

ELDERLY WOMAN IN DRYCAP, FROM PRINT "THE LIFE & AGE OF WOMAN" (HARTFORD C. 1848) AUTHOR'S COLLECTION.



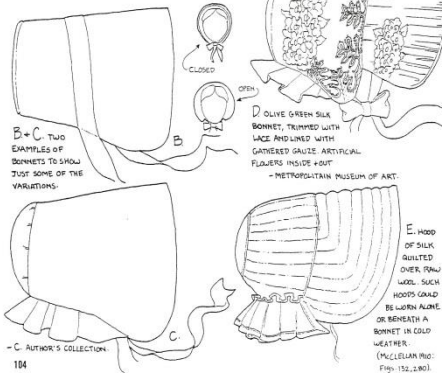
**B. CAP, FINE WHITE LINEN OR COTTON WITH DOUBLE RUFFLE AROUND FACE STITCHED BACK ON BROW** (BRADFELD 1968: 173).



**A. BONNET OF FLUTED STRAW, SILK RIBBON AND BURNT CURTAIN,**  
(MULLELLAN 1910: FIG. 116).

### COSTUME OPTIONS PLATE 54 HEADGEAR

BONNETS OF THE MORE FASHIONABLE SHAPES WERE EXTENSIVE AND GAVE LESS PROTECTION FROM THE ELEMENTS THAN THE HOME-MADE SUNBONNET. THOSE WHO OWNED SUCH BONNETS WERE MORE LIKELY TO WEAR THEM FOR BEST DRESS THAN FOR WORK & TRAVEL. THOUGH SIMILAR IN PROFILE, THE FACE OR FRONT OF A BONNET COULD BE EITHER "OPEN" (ROUND), OR "CLOSED" (OVAL). THEY WERE MADE OF A VARIETY OF MATERIALS, ESPECIALLY CLOTH COVERING A STIFFENED FOUNDATION, SUCH AS BUCKRAM. STRAW WAS CONSIDERED SUMMER WEAR. RAIN BONNETS, ESPECIALLY SILK OR BLACK SILK MIGHT HAVE BEEN USED BY SOME LADIES FOR TRAVEL. FOR BEST DRESS, BONNETS WERE DECORATED WITH RIBBON, LACE AND ARTIFICIAL FLOWERS. (MULLELLAN 1910: FIGS. 124-132).



**B & C. TWO EXAMPLES OF BONNETS TO SHOW JUST SOME OF THE VARIATIONS.**  
- C. AUTHOR'S COLLECTION.  
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- METROPOLITAN MUSEUM OF ART.

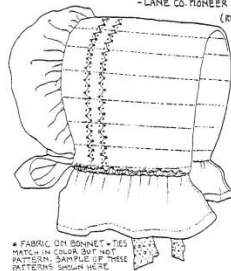
**E. HOOD OF SILK QUILTED OVER BROW, PAW LACE. SUCH HOODS COULD BE WORN ALONE OR BENEATH A BONNET IN COLD WEATHER.**  
(MULLELLAN 1910: FIG. 132, 130).

### COSTUME OPTIONS PLATE 55 HEADGEAR NOT TO SCALE

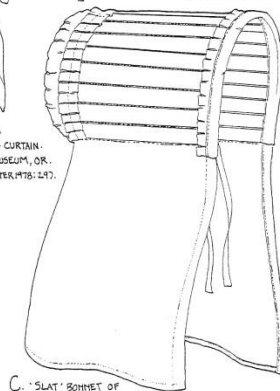
SUNBONNETS WERE AN INDISPENSIBLE PART OF THE AMERICAN COUNTRY WOMAN'S COSTUME, AND WERE WORN WHENEVER SHE WAS OUTDOORS FOR ANY LENGTH OF TIME. THE SHAPES FOR BEST DRESS AND EVERYDAY WERE THE SAME, DIFFERING ONLY IN FABRIC AND TRIM, DEPENDING ON THE WEARER'S MEANS. FOR SOME, BEST DRESS WAS SILK AND LACE, WHILE FOR OTHERS IT MEANT NEW CALICO.



**B. MEDIUM-BLUE CALICO "SLAT" BONNET WITH WHITE VINE PATTERN. SLATS THAT STIFFENED FRONT COULD BE OF LIGHT WOOD OR PASTEBOARD. THIS STYLE ALSO WORN WITH LONG CURTAIN.**  
- LANE CO. PIONEER MUSEUM, OR.  
(REITER, 1978: 297).



\* FABRIC ON BONNET, TIED MATCH IN COLOR, BUT NOT PATTERN. SAMPLE IF THESE PATTERNS SHOWN HERE.



**C. "SLAT" BONNET OF DARK BLUE COTTON, c. 1850**  
- HAGGIN MUSEUM, STOCKTON, CA.

**A. "POKE-BONNET" OF DULL BLACK SILK, TRIMMED WITH BLACK LACE. FRONT IS STIFFENED WITH INTERLINING (PERHAPS PASTEBOARD), AND DECORATIVE STITCHING. KENTUCKY, c. 1839. THIS STYLE IS ALSO FOUND WITH A SQUARE "CURTAIN" AS ON "C" BELOW.**  
- LOS ANGELES COUNTY MUSEUM.